
Time
for
School
Breakfast

BREAKFAST CHANGES LIVES

HOW?

KIDS WHO EAT SCHOOL BREAKFAST...

MISS LESS SCHOOL

They attend an average of
1.5 more days
per year

DO BETTER IN MATH:

They average
17.5% higher
math test scores

SHARE IT

TWEET IT

PIN IT

MORE ATTENDANCE + HIGHER MATH SCORES =

20% more likely to graduate high school

AND KIDS WHO EAT BREAKFAST REAP THE BENEFITS AS ADULTS, TOO:

MILK

High school graduates on average earn
$10,000
more annually

Less likely to experience
HUNGER
as adults

BUT HERE'S THE PROBLEM

NOT ENOUGH KIDS ARE EATING SCHOOL BREAKFAST.

School Breakfast Program

What is changing in the 2013-14 school year?

Breakfast in Schools

What is a healthy breakfast?

A healthy breakfast should consist of a variety of foods, for example: low-fat or fat free milk, whole grains, low-fat meat or meat alternates, and fruits and vegetables

Offering these menu items will help provide nutrients that will help delays hunger symptoms until lunchtime

2013-2014 School Breakfast Changes Summary

- Half of weekly grains must be whole grain-rich
- Minimum weekly grain requirement
- Calorie ranges
- Zero grams of trans fat per portion
- A single Food-Based Menu Planning approach
- Establish age/grade groups: K-5, 6-8 and 9-12
- 3-year administrative review cycle includes SBP
- States conduct weighted nutrient analysis on one week of menus

Grade Groups

- Schools must implement the three grade age groups.
- Flexibility in menu planning at breakfast
  - All three grade group requirements overlap at breakfast
  - A single menu can be used for all groups

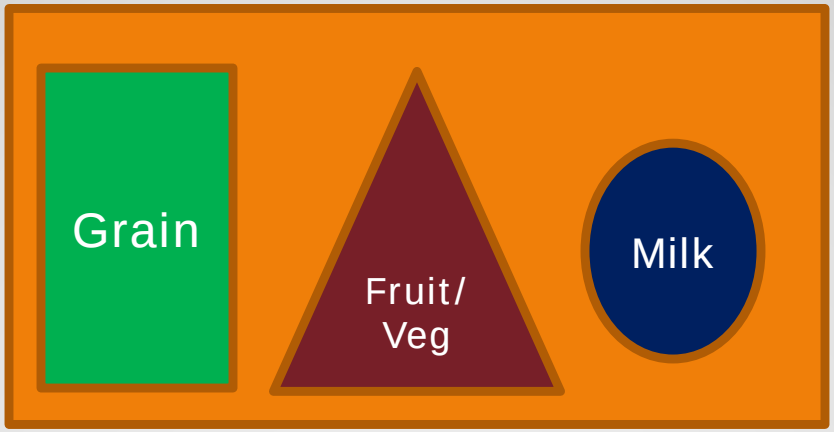
Calorie Ranges

Age-Grade Group	K-5	6-8	9-12
Calorie Ranges	350-500	400-550	450-600

Food Components

A food component is one of three food groups that comprise reimbursable breakfasts. These are:

- **Grains (with optional meat/meat alternate allowed)**
- **Fruit/Vegetable**
- **Milk**



All three components must be OFFERED at breakfast

Food Items

- A food item is a specific food offered within the three food components.
- A school must offer at least four food items
- A student may decline only one food item if more than four food items are offered

Food Items

- A large grain counts as more than one food item for purposes of OVS in breakfast
- e.g. 2 oz muffin = 2 food items

OVS: Components vs. Items

- For purposes of OVS, an item is the daily required minimum amount of each food component that a child can take
  - 1 cup of milk
  - 1 oz eq of grains
  - ½ cup of fruit (or veg)

- For OVS, schools must offer at least four food items at breakfast, from among three components

- There is no change to the fruit/vegetable component in SY 2013-14, and there is no requirement that the child selects fruit until SY 2014-15


1oz.
2oz.
½ cup

Grains

Age-Grade Group	K-5	6-8	9-12
Minimum Daily	1 oz.	1 oz.	1oz.
Minimum Weekly	7oz.	8 oz.	9oz.

Grains

- ***Half*** **of grains must be whole grain rich in the upcoming SY 2013-2014**

- **<u>Reminder</u>: Be ready to transition to ALL whole grain for both Breakfast and Lunch in the 2014-2015 school year**

How do we Implement Meat/Meat Alternates for Breakfast?

Optional Meat/Meat Alternate

- There is NO separate requirement to offer meat and meat alternates
- Schools may chose to offer a M/MA alternate in place of grain require AFTER a 1oz. equivalent of grain component is met
- Alternatively a school may offer a M/MA as an extra component and not credit it toward any component. The extra M/MA food item must fit within the weekly dietary specifications (Calories, saturated/trans fat, and eventually sodium)

For example, you may offer:

2 oz. of grain component
1oz. of grain component AND 1oz. component of Meat/Meat Alternate component
2 oz. of grain component AND Meat/Meat Alternate as an extra component and not credit it toward any component

1 oz.

1oz.

1 cup

½ cup


RASPBERRY
UPSTATE
1oz.
TO OPEN
Cloverland
1% LOWFAT
MILK
VITAMIN A & D 1% MILKFAT
HALF PINT
1 cup
½
cup
Ardmore
100% Pure
Orange Juice


1oz.
2oz.
Welsh Farms
1% LOWFAT
MILK
½ cup
1 cup


BORDEN
1% LOWFAT MILK
VITAMIN A & D
BORDEN
8 FL OZ

OVS- Grains (part 1)

- A large grain counts as more than one food item for purposes of OVS in breakfast
  - e.g. 2 oz muffin = 2 food items
- Unchanged from prior OVS practice
- In addition to the 2 oz grain, at least 2 other food items must also be offered to have OVS
  - Student cannot decline the 2oz grain item
- Examples:
  - School offers 2 oz eq muffin, ½ cup apples, and milk (decline milk or apples)
  - School offers 2 oz eq muffin, ½ cup apples, ½ cup juice, and milk (decline milk or a fruit choice)

OVS- Grains (part 2)

- Grains-meat/meat alternate combination items
  - When counting the meat/meat alternate as grains, the combo may count as two food items
    - Example: egg sandwich w/ 1 oz eq of grains and 1 oz eq of m/ma counting as grains = 2 food items
  - If not counting the meat/meat alternate toward the grains component, the combo is one food item
    - Three additional items must be offered to have OVS
    - Student may decline the combination
    - Example: egg sandwich w/ 1 oz eq of grains and 1 oz eq of m/ma not counting as grains (extra) = 1 food item

OVS- Grains (part 3)

- Allowing students to take two of the same grain item
  - If a menu planner offers two different 1 oz eq grain items at breakfast, a student *may* be allowed to take two of the same grain and count as two items
  - At the discretion of the menu planner to allow duplicates
  - Example: school offers milk and fruit, plus two grains: cereal (1 oz eq) and toast (1 oz eq)
    - Student could select fruit and two toasts
    - 2nd toast selected in place of other grain offered (cereal)
    - Only one item (milk) declined

Juice/Fruit/Vegetable

- In SY 20013-14, there will be no change to the existing Juice/Fruit/Vegetable component for Breakfast
- Schools must offer at least ½ cup of fruit and/or vegetable daily.
- No maximum limit on fruit/vegetable quantities

Juice/Fruit/Vegetable

- Vegetables and Fruits may be offered interchangeably
- There are no limitations on juice in the SY 2013-2014
- Students are not required to take fruit under the offer vs. serve regulations for SY 2013-2014

Juice/Fruit/Vegetable

- Temporary allowance for frozen fruit with added sugar for SY 13/14

- Schools may offer a:
  - Single fruit type
  - Single vegetable
  - Combination of fruits
  - Combination of vegetables
  - Combination of fruits and vegetables

Crediting Juice

16. Can 100% fruit and vegetable juice blends contribute to the reimbursable meal?

Yes. If the first ingredient in the 100% juice blend is fruit juice, then the 100% juice blend can contribute to the fruit requirement. If the first ingredient is a vegetable juice, then the 100-percent juice blend can contribute to the "other" or the "additional" vegetable requirement, depending on the needs of the menu planner.

Crediting Juice

Ingredients: 100% juice from apple, sweet potato, jujube fruit, pear, purple carrot, beet, strawberry, raspberry, butternut squash, and tomato juice concentrates (filtered water and juice concentrates), natural flavors, ascorbic acid, (Vitamin C), citric acid, vegetable color, Vitamin A palmitate, Vitamin E acetate.

100% juice – Fruit listed first: Credit as FRUIT

Crediting Juice

Ingredients: 100% juice from sweet potato, apple, pear, grape, jujube fruit, carrot, beet, pineapple, cherry and tomato juice concentrates (filtered water and juice concentrates), natural flavors, citric acid, ascorbic acid (vitamin c), vegetable color, vitamin a palmitate, vitamin e acetate.

100% juice – Veg listed first: Credit as Veg – Other or Additional if mix of veg subgroups, up to menu planners needs.

Crediting Juice

Ingredients:
Water, Orange Juice Concentrate

NOT CREDIBLE !!

- **Water is 1st listing**
- **100% Pure does NOT mean it is 100% pure juice**

Crediting Juice

"Naturally and Artificially Flavored Juice Bar"

This Minute Made Juice Bar is NOT creditable as a fruit (juice) in the new meal pattern.

It does not say 100% juice on the label (either listed somewhere on the packaging or in the ingredient declaration/list). The CN label may have been for the old crediting rules, not the new meal pattern requirements.

Fruit Smoothies

- Fruit smoothies prepared in-house may credit toward both the fruit and milk components
- Commercial products may only credit toward fruit component
- All meal components must be offered in the required minimum amounts
- Must still offer variety of fluid milk choices
- Additional fruit offerings encouraged

Fluid Milk

- Schools must offer only fat-free (flavored or non-flavored) or low-fat (unflavored) milk choices.

- For all age groups, school must offer at least 1 cup daily and at least two options milk

Fats

- **Trans Fat-** There was no limitation on Trans fat in the past. The new specification for breakfast will be the same as lunch – there must be zero grams per serving.
- **Saturated Fat-** This is no change for the new plan from the current plan and is the same as lunch – less than 10% of the calories can be from saturated fat.

Pre-plating/Bundling

- Remember – OVS is not required at breakfast
- Pre-plating/bundling is allowed
- Encouraged to offer choices to the extent possible


Kellogg's
MORNING
jump
starts
express

- MJM® Vanilla Dino Bites
- Sunrich Naturals® Honey Roasted Sunflower Seeds
- Apple & Eve® Orange Tangerine Juice

Additional Information

Aspects of the SBP are going to be phased in over the over multiple years.

This guidance is only for this upcoming 2013-2014 SY.

Additional guidance will be given for the 2014-2015 SY and beyond, when all component requirements are in effect.

- **Be aware that in the 2014-2015 School Year..**
  - All grains will be whole grains
  - Fruit quantity to increase to 5 cups/week (minimum 1 cup/day)
  - Target 1 for average weekly sodium limit
  - Under OVS, meals selected by students must contain a fruit (or vegetable if using substitution)
  - Limit on Starchy Vegetables


SCHOOL
BREAKFAST
go for
GOLD

Technical Assistance Resources

- FNS New Meal Pattern website (http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm)
  - Timeline
  - Powerpoint presentations for training
  - Recently released Q&As, other policy memos
- Best Practices Sharing Center
  - SFAs and States can share resources and tools they use to serve healthy menus that meet the new school meal regulations by uploading information to this site
  - http://healthymeals.nal.usda.gov/bestpractices)


2oz. Grain
2oz. M/MA
½ cup
1 oz.
M/MA
Cloverland
Cloverland
½ cup
1 cup


TO OPEN
Cloverland
SKIM
FAT FREE
MILK
VITAMIN A & D
100%
Apple Juice
1 cup
½ cup
• ¼ cup Peaches
• 1oz Granola
• ¼ Yogurt


1 cup

½ cup

1 oz.

.75oz.


2oz
2oz

Thank you!